

## **WPNSTA Yorktown**

### **Golf**

#### **Red/White/Blue Golf Tournament**

Date: July 14, 2001  
Time: 8a.m.-2p.m.  
Location: Holly Oaks Golf Course  
Attendance: 50 (Open to all)  
Description: 4 Member Captain's Choice

#### **Member/Guest Tournament**

Date: August 5, 2001  
Time: 8a.m.-2p.m.  
Location: Holly Oaks Golf Course  
Attendance: 50 (Open to eligible patrons)  
Description: 2 Member 18 Holes Best Ball

#### **Holly Oaks Golf Tournament**

Date: September 15-16, 2001  
Time: 8a.m.-2p.m.  
Location: Holly Oaks Golf Course  
Attendance: 50 (Open to eligible patrons)  
Description: Individual Play (Scratch & Handicap Flights)

### **Single Sailor**

#### **Pig Picking**

Date: June 21, 2001  
Time: 4:30 p.m.  
Location: City Limits Recreation Center (Parking Lot)  
Attendance: 100 (Active Duty, Retired & DOD)  
Description: DJ/Karaoke Provided (Single Sailors Free – Others pay)  
Sponsorship can pay for DJ/Karaoke.

#### **Trip to the Race**

Date: June 29, 2001  
Time: 4:00 p.m. (Departing City Limits)  
Location: Richmond International Raceway  
Attendance: 28 (Single Sailors)  
Description: Provide the MWR 28 passenger bus and pay the entry fee for the Sailors.

**Monte Carlo Night**

Date: August 16, 2001  
Time: 4:30 p.m.  
Location: City Limits Recreation Center  
Attendance: 200 Active Duty, Retirees, DOD and dependents.  
Description: Patrons pay to play games. Sponsorship would provide prizes to be given.

**The Mighty "PP & DD" Tournaments (Pool and Ping-Pong & Darts and Dominoes)**

Dates: April 19, July 19, September 19, and October 18  
Time: 6 p.m.  
Location: City Limits Recreation Center  
Attendance: 40 (Active Duty, Retirees, & DOD)  
Description: Sponsorship would provide prizes for the top three finishers in all games.

**Thanksgiving Dinner**

Date: November 19, 2001  
Time: 5 p.m.  
Location: City Limits Recreation Center  
Attendance: 75 - 150 (Single Sailor and 1 Guest)  
Description: Provide a Thanksgiving Meal for the Single Sailors and one guest each that will be here for the Holiday. Sponsorship could provide DJ and help pay the cost.

**Sports****NWSY Sports Day**

Date: June 2001  
Time: 11:30-1:00pm  
Location: NWSY Athletic Facilities  
Attendance: 200 (active duty, DOD employees, retirees, dependents)  
Description: Event in which active duty, DOD employees, retirees, dependents get the chance to participate in active sporting events at different sites on base.

**"Long Range" 3-point Contest**

Date: Aug. 17, 2001  
Time: 11:30am  
Location: NWSY Gym  
Attendance: 15-25 (active duty, DOD employees, retirees, dependents)  
Description: 3 point contest to see who can make the most shots in an allotted time frame.

**Free Throw Contest**

Date: May 2001, July 2001  
Time: 11:30am

Location: NWSY Gym  
Attendance: 15-25 (active duty, DOD employees, retirees, dependents)

**"Big Hitters" Home Run Contest**

Date: June 6, 2001  
Time: 11:30am  
Location: NWSY Softball Field  
Attendance: 15-25 (active duty, DOD employees, retirees, dependents)  
Description: Participants compete to see who can hit the most home runs based on a certain amount of pitches.

**Fitness**

**Weightlifting Contest**

Date: April 11 and Sept. 12, 2001  
Time: 11:30am  
Location: NWSY Weight Room  
Attendance: 15-25 (active duty, DOD employees, retirees, dependents)  
Description: Competition to see who can lift the most weight based individual weight class.

**Health/ Wellness Workshop**

Date: June 19, Aug 15, Sept 20, 2001  
Time: 11:30am  
Location: NWSY Fitness Center  
Attendance: 100 (active duty, DOD employees, retirees, dependents)  
Description: Workshop designed to provide patrons with valuable information on living a healthy life, etc.

**Run to Be Fit 5K Runs**

Date: Aug. 1, Nov 20, 2001  
Time: 11:30am  
Location: NWSY Gym  
Attendance: 200 (active duty, DOD employees, retirees, dependents)  
Description: 5K run designed to enhance a healthful lifestyle and to encourage participation in the running club.

**Sports Zone Running Club**

Date: Apr- Dec 2001- On going daily program  
Time: Ongoing  
Location: NWSY Gym Attendance: 300 (active duty, DOD employees, retirees, dependents)  
Description: Daily program in which runners calculate miles they run per day, week, month, etc. A log is kept and prizes are awarded.



